How Do I Cook Millet?

Before we introduce our recipes, here basic instructions on cooking millet from Colorado's premier organic millet grower, Jean Hediger at Golden Prairie Inc..

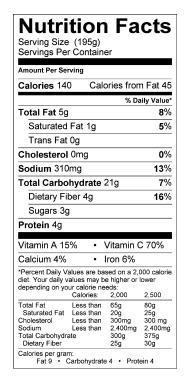
Like with all grains, we recommend that you rinse the millet before cooking. Put $2\frac{1}{2}$ cups of water in a pot and add 1 cup of millet. Set the millet to a medium high heat and when it starts boiling turn down the heat and loosely cover with a lid. After 20-25 minutes all the water should be absorbed and the millet will be cooked. Remove the pot from heat and let sit for 10 minutes (if you have the time) to optimize the texture and flavor. Use $\frac{1}{2}$ cup more water if the texture is too crunchy for you!

To introduce a nuttier flavor to the millet, you could roast the grains first before boiling. To do this, place the grains in a dry skillet over medium heat and stir them frequently. When they have achieved a golden color, add them to the boiling water. Millet more than doubles in quantity when cooked.

Source: www.goldenprairieinc.com

Black Bean and Millet Medley

A savory Southwestern entrée or side dish that is vegetarian, gluten-free, and provides a complete source of protein.



Ingredients:

- 3 ½ cups water
- 1 cup uncooked millet
- 1 orange bell pepper, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 large tomatoes, diced
- 1 sweet yellow onion, chopped
- 1 3/4 cups cilantro, chopped
- 1 avocado, chopped
- 2 ½ cups drained unsalted canned whole black beans
- 5 tablespoons + 2 teaspoons freshly squeezed lime juice
- 4 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 2 teaspoons top flake coarse salt
- 1/2 teaspoons black pepper
- 1/2 teaspoons ground cumin

Directions:

Bring water to a boil in a medium saucepan and add in uncooked millet. Allow water to come to a boil again and then cover saucepan and reduce heat to low to medium low. Cook covered for 30 minutes or until the millet absorbs all the water in the saucepan. Remove from heat and allow millet to cool uncovered for 30-45 minutes. Break up clumps and fluff cooled millet with a fork. The final cooked millet amount will be around 4 cups.

Add chopped bell peppers, tomatoes, onion, and cilantro, to a bowl and toss to mix. Avocado can be added at this time as well if dish will be served immediately; otherwise wait until just before serving to add avocado in order to avoid unwanted browning. Drain black beans and add to the vegetables. Squeeze juice from 3 medium limes and mix with balsamic vinegar and olive oil. Pour over the vegetables. Add salt, black pepper, and cumin and then mix in cooked millet until everything in the mixture is well dispersed. Serve immediately or chill until serving.

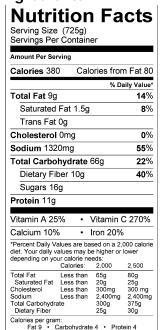
Yield: 16 (6.9 ounces) servings

Created by Alex Brandt

Millet Stuffed Peppers

A vegan, gluten-free twist on an old homestyle favorite.

Ingredients:



- 4 medium sized green bell peppers
- 1 cup dry millet
- 2 1/2 cups water
- 2 tablespoons olive oil
- 1 medium red onion, diced
- 1 cup white mushrooms (cut into 1/8s or smaller)
- 1 to 2 cloves garlic (depending on size), minced
- 14.5 ounce can of diced tomatoes
- 1/4 cup water
- 15 ounce can plain tomato sauce
- 1/2 cup white cooking wine
- ½ teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Italian seasoning

Directions:

Preheat oven to 400°F

Bring water to a boil in a medium sauce pan. Add millet, reduce heat, cover and simmer for about 25 minutes. Remove from heat and allow it to cool for at least 5

minutes before fluffing with a fork. While millet is cooking, cut tops from peppers and clean insides. Microwave peppers on high for 15 minutes until soft; do not overcook.

In a frying pan on medium heat, add olive oil, onions and mushrooms. Cook until onions are translucent. Add the garlic and cook until browned. Add water and the diced tomatoes. Add salt, pepper and Italian seasoning. Cook on medium for 10 minutes to thicken.

Add sautéed tomato mixture directly to millet. Stir until evenly mixed. Stuff peppers with mixture and place in a casserole dish. Add white wine to the bottom of the pan. Pour tomato sauce over the peppers. Cover with aluminum foil and bake for 30 minutes.

Meat Version: Replace ½ a cup of millet with ½ pound of ground meat of your choice. Add ground meat to sautéed mushrooms and onions to cook. When cooking ½ cup of dry millet, 1 ¼ cups of water are required.

Yield: 4 servings

Created by Matt St. Onge

Millet Salmon Cakes with Yogurt Dipping Sauce

Hearty, gluten-free salmon cakes that make a great appetizer or entrée.

| Serving Size | | | |
|--|-------------|--|----------------------|
| Servings Per | r Contain | er | |
| Amount Per Sei | rving | | |
| Calories 170 |) Cal | ories fror | n Fat 80 |
| | | % Da | aily Value |
| Total Fat 9g | | | 14% |
| Saturated | Fat 1.5g | | 8% |
| Trans Fat | 0g | | |
| Cholesterol | 55ma | | 18% |
| Sodium 420 | | | 18% |
| Total Carbo | | 130 | 4% |
| Dietary Fil | • | 109 | 8% |
| | | | 67 |
| Sugars 2g | l | | |
| Protein 10g | | | |
| Vitamin A 6% | 6 • | Vitamin (| C 15% |
| Calcium 6% | | Iron 6% | |
| *Percent Daily Vadiet. Your daily vadiet on your daily value on your depending on yo | alues may b | e higher or | |
| Total Fat Saturated Fat Cholesterol Sodium | Less than | 65g 20g 300mg 2,400mg 300g | 80g 25g 300 mg |

Salmon Cake Ingredients:

- 1 cup millet
- 1 ½ cups water
- 1 pound salmon
- 1 tablespoon olive oil
- ½ medium onion, diced (about ½ cup)
- 1/2 medium red bell pepper (about 1/2 cup)
- 1 stalk celery, diced (about ½ cup)
- 1/4 cup chopped cilantro
- 1/4 cup ground flax
- 1/4 cup millet flour
- 1/2 cup chopped walnuts
- 2 teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon lime zest
- 1 tablespoon lime juice
- 3 eggs
- Nonstick cooking spray

Salmon Cake Instructions:

Preheat oven to 375 degrees. Combine millet and 1 ½ cups water in a medium saucepan. Bring to a boil. Cover and reduce to a simmer. Simmer for 20 minutes. Turn off heat. Take off lid and let sit for 10 minutes. Fluff with a fork and proceed with recipe. (Note: 1 cup of dry millet cooked is about 4 ½ cups.) While millet is cooking, poach salmon over medium low heat for about 8 minutes per side. Add enough liquid so that it travels about halfway up the salmon fillet. Put 1 tablespoon olive oil in a large non-stick pan over medium heat. Add onions, pepper and celery to the pan. Sauté for 5 minutes, stirring occasionally, until veggies are beginning to soften. Remove from heat, stir in cilantro and cool for 5 minutes. Flake salmon into a large bowl; remove any bones. In a separate small bowl, toss cooked millet with ground flax and millet flour until millet is coated. Add millet/flax mixture and walnuts to salmon, set aside. In a small bowl, whisk together sea salt, pepper, lime zest, lime juice and eggs. Add cooled sautéed vegetables to the salmon and pour egg mixture over the salmon. Gently toss all ingredients together with a fork. Using approximately ¼ to 1/3 cup of the salmon mixture per patty, measure out and form 16 salmon patties.

Spray two cookie sheets with nonstick baking spray. Using approximately ¼ to 1/3 cup of the salmon mixture per patty, measure out and form about 16 patties. Spray the tops of the patties, then put them into the preheated oven for 18-20 minutes. While cakes are baking, mix the yogurt dipping sauce.

Yogurt Dipping Sauce Ingredients:

- 1 (7 ounce) container Greek yogurt
- 2 scallions, thinly sliced using both white and green parts
- Juice of 1 lime (approximately 1/4 cup)
- 1/4 teaspoon Dijon mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper

Directions:

Whisk all ingredients together in a small bowl. Chill until service. Makes 1 ½ cups of sauce.

Yield: 16 servings

Created by Alexandra Tudor

Millet Crisp

This classic American dessert incorporates millet flour and can be made gluten-free if desired.

| Serving Size | (163g) | | cts |
|---|--|---|--|
| Servings Pe | r Containe | 31 | |
| Amount Per Se | rving | | |
| Calories 31 | 0 Calor | ies from | Fat 100 |
| | | % Da | aily Value |
| Total Fat 12 | 2g | | 18% |
| Saturated | Fat 7g | | 35% |
| Trans Fat | 0g | | |
| Cholestero | 25mg | | 8% |
| Sodium 5m | g | | 0% |
| Total Carbo | hydrate (| 50g | 17% |
| Dietary Fi | ber 5g | | 20% |
| Sugars 28 | 3g | | |
| Protein 4g | | | |
| | | | |
| Vitamin A 89 | % • \ | Vitamin (| C 60% |
| Calcium 6% | • | ron 8% | |
| *Percent Daily V diet. Your daily v depending on yo | alues may be | e higher or | |
| Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber | Less than Less than Less than Less than | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300 mg 2,400mg 375g 30g |

Ingredients:

Crust:

1 cup whole millet flour 1 cup quick cooking oats 2/3 cup sugar ½ cup (1 stick) butter

Fruit filling:

3 cups chopped (6-8 foot-long stalks) rhubarb

3 cups chopped strawberries

½ cup sugar

3 tablespoons cornstarch

Directions:

- 1. Chop the rhubarb and strawberries and combine them in a large saucepan. Simmer over medium-low heat for 20 minutes.
- 2. While the fruit mixture is simmering, combine the millet flour, quick cooking oats, and 2/3 cup sugar in a large mixing bowl. Melt the butter and add it to the mixing bowl and mix well (hands work best). Take half of this mixture and press it evenly on a 9" x 9" baking tray with walls at least 2 inches high (or a similarly sized pie dish). This will form the bottom crust.
- 3. Preheat oven to 425°F.
- 4. After the fruit mixture has been simmering for 20 minutes, drain some of the liquid (approximately 1/3 cup) from the fruit mixture into a bowl and let cool for at least 2 minutes. Add 3 tablespoons of cornstarch, mix well until there are no visible clumps, and add back into the simmering fruit mixture. Add the ½ cup of sugar and cook for an additional 10 minutes, then remove from heat and let cool for at least 20 minutes.
- 5. Pour the fruit mixture over the bottom crust. Sprinkle the remaining crust mixture on top of the fruit mixture. Bake at 425°F for 30 minutes or until top crust turns golden brown. Remove from oven and let cool for at least 20 minutes before serving.

Modifications, additions, and serving suggestions:

- To make gluten-free, use 1 cup of gluten-free oats or rice flakes in place of the guick cooking oats.
- A variety of fruits can be used to make the filling for this recipe. The total volume of the fruit mixture should be approximately 6 cups.
- Depending on the fruits used, a variety of spices can be added to the crust and/or filling (e.g. cinnamon, nutmeg, cloves, ginger, etc.)
- This dish goes well with ice cream, whipped cream, and frozen or regular yogurt.

Yield: 9 (3x3" squares) servings

Created by Andrew Kester

Gorgonzola Millet Polenta with a Berry Salad

A simple, yet elegant, whole grain vegetarian appetizer topped with fresh fruits.

| Servings Per | Contain | er | |
|--|------------------------------|---------------------|-------------------|
| Amount Per Ser | ving | | |
| Calories 370 |) Calor | ies from | Fat 24 |
| | | % Da | ily Value |
| Total Fat 27 | g | | 42 % |
| Saturated | Fat 7g | | 35% |
| Trans Fat | 0g | | |
| Cholesterol | 20mg | | 7% |
| Sodium 274 | 0ma | | 1149 |
| Total Carbo | hvdrate | 20a | 7% |
| Dietary Fik | • | 3 | 16% |
| Sugars 4g | , | | , |
| Protein 11g | | | |
| Protein 119 | | | |
| Vitamin A 10 | % • ' | Vitamin (| C 15% |
| Calcium 4% | • | Iron 6% | |
| *Percent Daily Va diet. Your daily va depending on you | alues may b ur calorie ne | e higher or eds: | lower |
| Total Fat | Calories: Less than | 2,000 65q | 2,500 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol Sodium | Less than Less than | 300mg 2,400mg | 300 mg 2,400mg |
| Total Carbohydra | | 300a | 375a |

Ingredients:

3/4 cup millet, uncooked

24 ounce vegetable stock

1/4 cup butter

1/4 teaspoon white pepper

1/4 teaspoon salt

1/3 cup + 1 tablespoon gorgonzola cheese, crumbles

1 3/4 cup raspberries, fresh

1 tablespoon Balsamic vinegar

1 ½ tablespoons sugar

3/4 cup + 1 tablespoon olive oil

½ cup spinach

1 ½ cups arugula

1/2 cup blackberries



Directions:

- 1. Pulse millet in a small blender until it resembles cornmeal. Set aside until needed.
- 2. Line a 9x9 baking pan with plastic wrap.
- 3. Bring stock and butter to a boil.
- 4. Add millet, pepper, salt and reduce to a simmer. Stir constantly for 20 minutes.
- 5. Pour half of the mixture into the baking pan. Evenly distribute the cheese over the millet in the baking pan. Pour the remaining millet over the cheese. Cool millet to at least 40 ° F. Cut polenta into 9 even squares. Chill until needed
- 6. Puree 1 cup (4.5 ounces) raspberries, balsamic and sugar together with an immersion blender. Slowly pour in oil while blending until the entire mixture is emulsified. Chill in refrigerator until needed.
- 7. Combine spinach and arugula. Refrigerate until needed.
- 8. To serve: Grill polenta on both sides. Place an even amount of salad greens on each piece of polenta. Drizzle a little more than 2.5 tablespoon (1.6 ounces) of raspberry sauce over salad. Garnish with left over berries.

Yield: 9 (3x3" squares) servings Created by Tercera Jones

Millet Dessert Salad

A sweet salad or dessert packed with antioxidant-laden fruits and whole grain millet.



Ingredients:

2 2/3 cups water

3/4 cup uncooked millet

1 ½ cups drained crushed canned pineapple (1, 20 ounce can)

6 ½ cups miniature marshmallows (1, 10.5 ounce bag)

1 cup softened cream cheese – (1, 8 ounce package)

½ cup sugar

1 tablespoon salad dressing (such as Miracle Whip)

1 cup drained canned apricot, diced

1/2 cup dried cranberries

1/2 cup walnuts, chopped

1/4 cup sweetened coconut

1 ½ cups whipped topping

Directions:

Bring water to a boil in a medium saucepan and add in uncooked millet. Allow water to come to a boil again and then cover saucepan and reduce heat to low to medium low. Cook covered for 30 minutes or until the millet absorbs all the water in the saucepan. Remove from heat and allow millet to cool uncovered for 30-45 minutes. Break up clumps and fluff cooled millet with a fork.

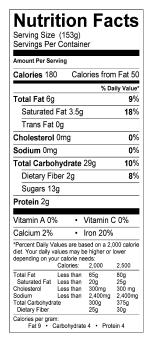
Drain pineapple very well; if drained improperly it will make mixture very wet. Add drained pineapple and marshmallows to a large mixing bowl and mix well. Mix cream cheese, sugar, and salad dressing in a bowl until smooth. Add this mixture to the pineapples and marshmallows. Next, mix in the 3 cups of cooked millet, diced apricot, cranberries, walnuts and coconut into the mixture of pineapples, marshmallows, cream cheese, sugar, and salad dressing. Fold in whipped topping last after all other ingredients are mixed well. Chill before serving to help mixture to solidify.

Yield: 22 (4.2 ounces) servings

Created by Alex Brandt

Spiced Millet Pudding

A creamy, spiced, gluten-free dessert that incorporates the warm comforts of fall in a classically spiced dessert.



Ingredients:

- 1 1/4 cups water
- ½ cup dry, whole millet
- 1 (14 ounce) can lite coconut milk
- 2 tablespoon honey
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1 teaspoon vanilla extract
- ½ cup raisins (any variety)

Directions:

- 1. Boil 1 ¼ cups water and add millet. Simmer on low for about 25-30 minutes, until millet has absorbed all of the water. Let cool for 5 minutes and then fork to a fluffy consistency.
- 2. In a separate saucepan, combine cooked millet and coconut milk. Simmer over medium heat for about 15-20 minutes until mixture has thickened. Remove from heat.
- 3. Stir in honey, nutmeg, cinnamon, cloves, vanilla, and raisins. Serve warm.

Yield: 6 (5.4 ounce) servings Created by Jess Hedden

Millet Chili

A quick, nutritious solution to dinner-time dilemmas. This vegetarian chili is gluten-free and will fill even the biggest appetites on a cold winter night!

| Nutrit Serving Size | (276g) | | Cts |
|--|-----------|---|--|
| Servings Per | Contain | er | |
| Amount Per Serv | ing | | |
| Calories 210 | Cal | ories fror | n Fat 20 |
| | | % D: | aily Value |
| Total Fat 2.5g |] | | 4% |
| Saturated F | at 0g | | 0% |
| Trans Fat 0 | g | | |
| Cholesterol C |)mg | | 0% |
| Sodium 720mg | | 30% | |
| Total Carboh | ydrate | 38g | 13% |
| Dietary Fibe | er 7g | | 28% |
| Sugars 7g | | | |
| Protein 9a | | | |
| | | | |
| Vitamin A 15% | 6 • | Vitamin (| C 40% |
| Calcium 6% | • | Iron 15% |) |
| *Percent Daily Valudiet. Your daily valudepending on your | ues may t | e higher or | |
| Saturated Fat L Cholesterol L Sodium L Total Carbohydrate Dietary Fiber Calories per gram: | | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300 mg 2,400mg 375g 30g |

Ingredients:

- 1 tablespoon olive oil
- 1 large white onion, diced
- 1 green bell pepper, diced
- 4 cloves of garlic, finely chopped
- 1 jalapeño pepper, finely chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 (15 ounce) can of corn kernels
- 1 (15 ounce) can dark kidney beans
- 1 (15 ounce) can light kidney beans
- 2 (15 ounce) cans of vegetable broth
- 1 cup millet
- 1 (6 ounce) can tomato paste
 - 1 (15 ounce) can diced tomatoes

Optional: Shredded cheddar cheese and sour cream as garnish

Directions:

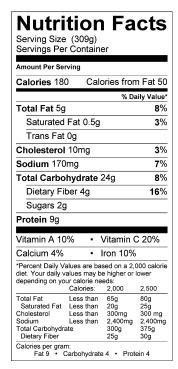
Warm olive oil in large saucepan. Sauté onions, peppers, garlic, salt, and pepper for 4-5 minutes until the onions become translucent. Add in corn, beans, broth, spices, and bring to a low boil. Add millet and stir. Cover, reduce heat to medium low and simmer for 30 minutes. Remove lid, add diced tomatoes and tomato paste, and stir. Chili is ready to serve, but additional simmering will improve flavor. Serve with shredded cheddar or sour cream on top.

Yield: 12 servings (276g servings)

Created by Gretchen Wall

White Millet Soup

This one pot meal is simple and delicious! The unique spice profile complements the vegetables, chicken, and millet.



Ingredients:

1 tablespoon canola oil

½ cup onion, chopped

½ cup raw chicken, chopped

4 cups water

1 fresh tomato, chopped

½ teaspoon salt

1/4 teaspoon turmeric powder

1/4 cup hummus

½cup potato, chopped

1/2 cup frozen mixed vegetables includes: peas, corn, carrots and green beans

½ cup millet

1 teaspoon dried mint or 1 tablespoon fresh mint

1/4 cup fresh parsley

1/4 teaspoon ground ginger

1/4 teaspoon cinnamon

Instructions / Directions:

- 1-In small pan mix together oil, onion, and chicken and cook until onion translucent.
- 2- Add the rest of Ingredients: water, fresh tomato, salt, turmeric powder, hummus, peas, carrot, corn and potatoes to sauce pan and cover pan. Cook for about 30 minutes on low on the stove.
- 3- Remove from heat and add mint, ginger, cinnamon, and parsley.

Yield: 5 (1 cup) servings. Created by Fauzi Amer

Millet Curry

This dish contains all the spices generally used in curries. It is a short and simple recipe that incorporates millet and vegetables.



Ingredients:

½ cup whole millet

- 3 cups water
- 1 tablespoon oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 4 cloves
- 1/4 teaspoon ground cardamom or 3 cardamom pods
- 2 bay leaves
- 1 cinnamon stick
- 1 medium-sized chopped onion
- 2 chopped green chilies
- 2 chopped tomatoes
- 1/3 cup peas
- 2 teaspoons salt
- 3 teaspoons curry powder
- 1 teaspoon ground coriander seed
- 2 teaspoons red chili powder
- 2 teaspoons turmeric powder
- 1 tablespoon ginger-garlic paste

Directions:

- Cook millet with 2 cups of water in a pressure saucepan for 15 minutes. Allow the pressure to reduce naturally. (If a pressure saucepan is not available, combine ½ cup millet with 1 ½ cups boiling water. Cover and simmer on medium/low heat for about 25 minutes. Remove from heat and allow it to cool for at least 5 minutes before fluffing with a fork.)
- In a large pan, heat the oil and when it is hot, add cumin seeds, mustard seeds, cloves, cardamom pods, bay leaves and cinnamon stick. Keep stirring continuously to prevent the spices from burning.
- Add onions and chopped green chilies and sauté till onions are golden brown.
- Add the cooked millet and a cup of water. If the millet has formed a cake after cooking, mash it well. Then add chopped tomatoes, green peas, salt, curry powder, coriander seed powder, red chili powder, turmeric powder and ginger-garlic paste. Cook for about 10 minutes with the lid on.
- Add water to adjust consistency as desired.

<u>Preparation time:</u> 10 minutes <u>Cooking time:</u> 25 minutes

Yield: 4 servings (252 g) Created by Gaurav Madiwale

Millet Lettuce Roll

This is an easy to prepare vegetarian and gluten-free appetizer or side dish. Serve alone or with a dipping sauce, such as vinaigrette or tzatziki sauce.

Nutrition Facts Serving Size (117g) Servings Per Container Amount Per Serving Calories 90 Calories from Fat 35 % Daily Value* Total Fat 4g Saturated Fat 2g 10% Trans Fat 0g 3% Cholesterol 10mg 10% Sodium 230mg 3% Total Carbohydrate 10g 8% Dietary Fiber 2g Sugars 2g Protein 5g Vitamin A 15% • Vitamin C 2% Calcium 4% Iron 2% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 80g 25g 300 mg 2,400mg 375g 30g Total Fat Less than 65a | Total | Pat | Less than | Sog | Cholesterol | Less than | 20g | Cholesterol | Less than | Sodium | Less than | 21,400mg | Total Carbohydrate | 300g | Dietary Fiber | 25g | Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

1 teaspoon olive oil

1 cup boiling water

1/4 cup dry millet

3/4 cup sliced, fresh mushrooms

3/4 cup sweet corn, canned

3/4 cup crumbled feta cheese with basil and dried tomatoes

12 bibb lettuce leaves

Directions:

- 1.) Boil 1 cup of water. Add millet and simmer with the lid on for 20 -25 minutes. Fluff millet with a fork and set aside.
- 2.) Preheat skillet to medium high heat. Add ½ teaspoon of oil. Wait for oil to heat up. Add sliced mushrooms and sauté for 5 minutes or until brown.



Serving size: 2 rolls Recipe serves 6 Created by Eva Borjas Orellan

- 3.) Mix cooked millet, sweet corn, mushrooms and feta cheese.
- 4.) Separate lettuce leaves and wash with running, cold, tap water. Blot dry to remove excess water.
- 5.) To prepare a roll, open lettuce leaf and place ¼ cup of millet mix in the middle. Carefully roll the leaf and make sure the open end stays on the bottom or hold with toothpicks.





Fruit and Nut Granola

This simple, tasty homemade granola features whole millet, which offers a unique crunch not found in many other granolas on the market.

| Serving Size Servings Per | | er | |
|---|--------------|---|--|
| Amount Per Ser | ving | | |
| Calories 300 |) Calor | ies from | Fat 120 |
| | | % Da | ily Value' |
| Total Fat 13 | g | | 20% |
| Saturated | Fat 2.5g | | 13% |
| Trans Fat | 0a | | |
| Cholesterol | | | 0% |
| Sodium 30m | | | 1% |
| Total Carbo | | 110 | 14% |
| | <u> </u> | + I Y | 20% |
| Dietary Fil | | | 20% |
| Sugars 16 | g | | |
| Protein 6g | | | |
| Vitamin A 0% | 6 · \ | √itamin (| 0% |
| Calcium 2% | • | ron 10% | |
| *Percent Daily Va diet. Your daily va depending on you | alues may be | e higher or l | 000 calorie lower 2,500 |
| Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C | | 65g 20g 300mg 2,400mg 300g 25g | 80g 25g 300 mg 2,400mg 375g 30g |

Ingredients:

3 cups rolled oats

1/2 cup uncooked millet

1/3 cup unsweetened, shredded coconut

1/4 cup chopped pecans

1/4 cup pumpkin seeds

1/4 cup hulled sunflower seeds

1/2 teaspoon ground cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon salt

1/3 cup honey

1/3 cup olive oil

1/2 cup dried cranberries

½ cup raisins

Directions:

Preheat oven to 300°F. Mix oats and millet in a large bowl and spread on to a cookie sheet. Bake for 15 minutes. While this is baking, combine coconut through oil, add the oat millet mixture and stir thoroughly. Spread out mixture on cookie sheet and bake for 15 minutes. Remove from oven and stir. Bake for another 10 minutes. Remove from oven and allow to cool for 5 minutes then break up granola with a large spatula or wooden spoon. Cool for another 10 minutes before mixing in dried fruit.

Yield: 11 (½) cup servings Created by Twila Henley



Millet Pasta with Walnut Pesto and Kale

Gluten-free millet pasta in an Italian dish with fresh garden herb and vegetable highlights.



Laurie's Millet Pasta:

1 cup organic millet flour

1 1/3 cup potato starch

2/3 cup egg white solids

½ tablespoon gum acacia

1/2 tablespoon sodium alginate

2/3 cup water

1 tablespoon olive oil

Directions:

Mix dry ingredients. Slowly add water and mix by hand or electric mixer until mixture is doughy.

Extrude pasta using hand crank or electric pasta maker. Immediately place in boiling water with

1 tablespoon of olive oil to keep pasta from sticking together. Boil about 3 minutes for al dente, about

5 minutes for a softer pasta. Drain.

Pesto:

2 cups packed basil leaves

1/3 cup toasted walnuts

1/2 cup grated Parmigiano Reggiano cheese

3/4 teaspoon sea salt

1/4 lemon zest & juice

1/4 lime zest & juice

1 clove garlic

1/8 cup extra virgin olive oil

1/8 cup canola oil

Directions:

Blend all pesto ingredients in a food processor, adding the oils last slowly to emulsify. Set aside.

To assemble:

After pasta and pesto are made, combine the following vegetables and steam for about 1 minute.

1 cup chopped kale

1 cup cherry tomatoes, quartered

Add pesto to pasta, using a little reserved pasta cooking water so that pesto coats pasta. Fold in steamed veggies.

Short on time? Use commercial pesto and substitute 16 ounces dried brown rice/millet pasta.

Yield: 8 servings

Created by Krista Hall

Millet Pasta created by Laurie Scanlin